

Magnolia Recovery Resources is inviting you to a scheduled Family Focused Addiction Support Training (FAST) Peer Facilitator led Zoom meeting. Thank you for signing up.

Topic: Magnolia Family-Focused Addiction Support Meeting (Sunday & Thursday 7:30 pm EST)

The subject of the meeting will change each week presented on both Thursday and Sunday.

Thursday Meetings will be presented by Maureen Cavanagh, Founder of Magnolia New Beginnings and Family Recovery Coach, Trainer and National Speaker at [Magnolia Recovery and Consulting](#).

Sunday's meeting will be facilitated by a FAST trained peer. Please attend and support them as they are volunteering their time for you.

Each meeting will begin with 15-20 minute educational component. For example the subject of Meeting 1 and 2 (Thursday Dec 3 & Sunday December 7 at 7 :30 pm) will be Narcan. There will be information on how to obtain it, when to use it and a Red Cross Demonstration. Then we will have an hour for open discussion and group support, then the last 10-15 minutes will be self-care with a professional skilled in meditation, yoga, EFT tapping and numerous other self-care modalities you can bring into your own life. Each week the format will be the same and the subject will be different.

Please download the meeting instructions <https://magnoliarecoveryresources.com/fast-family-meetings/> and we look forward to having you in the meeting.

Disclaimer:

The information and peer support offered on Magnolia's website and Facebook page and in these virtual support groups is meant to be a support community of peer-to peer interaction for people who have had family members and friends who they support emotionally due to a substance use disorder.

It is NOT a substitute for professional counseling or psychotherapy. If you feel like your issues and concerns are in need of more attention than what these groups offer, we encourage you to seek professional guidance.

For more information about professional guidance and help...

Counseling/therapy Resources: American Psychological Association psychologist locator: <http://locator.apa.org>

Psychology Today Therapist locator <http://therapists.psychologytoday.com> Need help? In the U.S., call 1-800-273-8255

National Suicide Prevention Lifeline National Suicide Prevention Lifeline 1-800-273-8255